

**Purpose** The CETQ was designed by Moore and colleagues [1] to be a very brief measure of cataplexy. The 55-item scale was inspired by the observation that self-reported muscle weakness during laughter, anger, and joking is the best method for identifying individuals with cataplexy [2]. Respondents are asked a single screening question regarding muscle weakness during laughter. If such a symptom is present, several follow-up questions are posed regarding physical symptoms (slurring of speech, trouble hearing, and location of symptoms).

**Population for Testing** The scale has been validated among patients with narcolepsy aged 20–84 years.

**Administration** The CETQ is a self-report measure that can be administered through interview or with paper and pencil. It requires approximately 2 min for completion.

**Reliability and Validity** The CETQ is based on a larger 51-item scale. During validation of this initial cataplexy questionnaire, researchers found that as few as 3 of those 51 items were generally sufficient to distinguish cataplexy from other forms of muscle weakness [2]. The CETQ represents a less cumbersome version of the original scale, reducing

the number of items to a mere five. In a study validating the CETQ, Moore and colleagues [1] found that the first item of the scale possessed a sensitivity of .94 and a specificity of .99, while the second item had a sensitivity of .90 and a specificity of .99. As question 1 was found to carry almost no risk of false positive, the scale's additional four items do not improve its sensitivity, specificity, or predictive value. However, they may help to confirm findings and provide valuable information for the purposes of diagnosis.

**Obtaining a Copy** A copy of the scale can be found in the original article published by developers [1].

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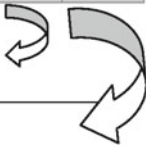
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**Scoring** Consisting of only a single screening question, scoring is simple: Symptoms of cataplexy are either present or absent. Thus, follow-up screening is either indicated or ruled out based on the results of the first question. Questions 2 through 5 are included only to aid in confirmation.

Cataplexy Emotional Trigger Questionnaire (CETQ)

Please place an X in the grey boxes below		No	Yes
1.	Have you <b>EVER</b> experienced <u>sudden muscle weakness when you laugh?</u>		

If NO, thank you for answering. You do not need to continue.



If YES, please continue.

<u>During</u> your episodes of muscle weakness, ↓		No	Yes
2.	Can you hear?		
3.	Does your speech ever become slurred?		
4.	Is your head affected ?		
5.	Is your whole body affected?		

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References

1. Moore, W. R., Silber, M. H., Decker, P. A., Heim-Penokie, R. N., Sikkink, V. K., Slocumb, N., Richardson, J. W., & Krahn, L. E. (2007). Cataplexy emotional trigger questionnaire (CETQ) – a brief patient screen to identify cataplexy in patients with narcolepsy. *Journal of Clinical Sleep Medicine*, 3(1), 37–40.

2. Anic-Labat, S., Guilleminault, C., Kraemer, H. C., Meehan, J., Arrigoni, J., & Mignot, E. (1999). Validation of a cataplexy questionnaire in 983 sleep-disorders patients. *Sleep*, 22(1), 77–87.

Representative Studies Using Scale

None.